

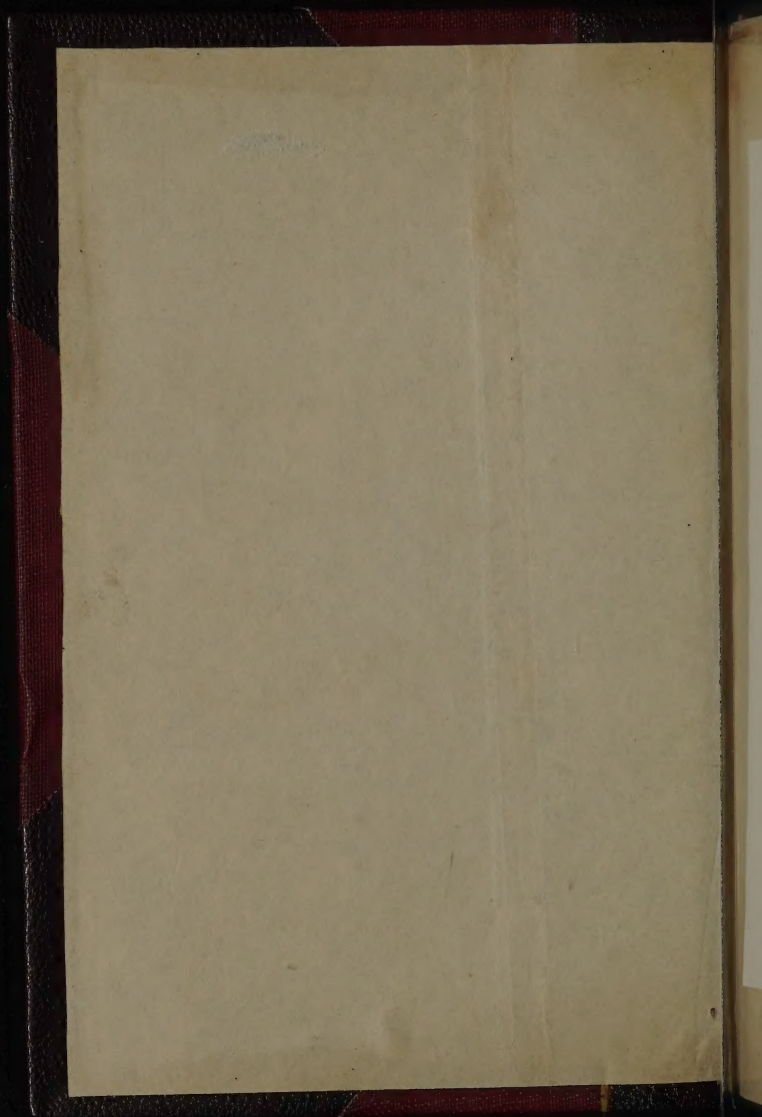
SEABROOKE R.
EYES

1620









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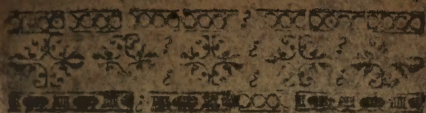
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SEABROOKE, R.
Seabrookes caveat.
London. 1620.

C5791/A

XVIII 4



To the courteous and indif-
ferent Reader, especially to all
such who are troubled with
any disease incident to
the eyes.



Have not here (courte-
ous and indifferent Rea-
der) entertained thee
with fine phrases, and
artificiall method (things curious
and becomming the curious) I leave
that to those which are more ambi-
tious of private fame, then studious
for the common good. But I have
truly and plainly shewed thee how to
beware of, and prevent certaine grie-
vous inconveniencies: where the dis-
ease is curable, I have set downe ap-
proved remedies for it, where it is
incurable, I advise thee to comfort

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To the Reader.

thyselfe in God, and saue thy money:
Reade and practise, and as thou findest
any profit, take in good part my
paines, but giue the whole praise vn-
to God, to whose holy protection
I commit thee and my selfe,
and all the faithfull in
Christ Iesus.
Farewell.

R. S.

CHAP.

CHAP. I.

*Of Blindnesse both curable and incurable
in Infants, the cause, prevention, and
cure.*

First, because experience is
the Mother and chiefe
Nurse of all wisdom, and
that by it we are led
and conducted to the end
of perfection, I will in this my small
Treatise take her by the hand, and as
shee shall with the assistance of truth
guide me, so both begin and finish this
profitable labour which I hope shall
be both to the glory of my God, and
the generall profit of my dearest belo-
ued Country.

Know then all to whom this (al-
most insupportable) infirmitie of
Blindnesse is burdenous and heauie;
that

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nat it hath two great and eminent enemies, Ignorance and Negligence, and by them it is often made desperate and curelesse, which otherwise would either not be at all, or if hapning, yet rest within the easiest compasse of speedy cure and preuention.

To you Mothers then and Nurses (for you are the first caretakers of children) I direct my first admonitions, because from you (when you prooue the least remisse and carelesse) doe proceede the greatest errors, let mee earnestly periwade you by all meanes to beware of suffering your children to take colde in any part; especially on their heads by sitting with them long bare-headed, whether by the fire, in the Sunne, or in the open ayre, especially whilst they are in their swadling cloathes, or in the tender time of their Infancie; a fault much too common amongst Nurses, and a negligence so offensive; that the defect of blindness comming therby, the disease is hardly

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or neuer to be cured: For the mould of the head not being then closed, the least offence of colde striking the braine, bringeth sodaine and present blindnesse, which defect found, ere the cause be discerned, Ignorance presently giues out, that such children were borne blinde: But I affirme it is nothing so, and for prooffe thereof call to witnesse mine experience, which I will shew in a few instances.

First, being in a place where my practise was knowne, there came to mee two women, within very fewe houres the one of the other, and brought to me two very sweet Babes, one nineteene weekes olde, the other one and twenty, both which had very cleare and faire eyes, in all outward semblance, but absolutely so blinde, that no blindnesse could be greater: Then I tolde the Mother of the first childe, that questionlesse in mine opinion her childe had taken colde whilst it was in the swadling-cloathes, to
which

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which the Mother made present answer, that I had spoken truth, affirming that her Nurse (within five or sixe dayes after her deliuerance) had fate by the fire with the childe bare-headed so long a time, that shee tooke offence thereat, and making her dresse vp the childe, the very next day after she found that her childe was blinde, which she was most certaine had seene very perfectly before.

Then came the other woman with her childe, and I said to her as to the first, and shee likewise consented with mine opinion, and onely affirmed, that she was assured her childe did see perfectly a moneth or five weekes after it was borne.

Not long after this there came vnto me (and one M. *Surfleet*, a very skillfull *Occulif*) another woman with a childe in the same manner, which child was not aboue foureteene weekes olde, and both our opinions were (as of the former) that colde was the only
cause

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cause of the disease, and shee agreed with vs shewing circumstance, to leade her thereto; and onely affirmed that of her certaine knowledge her childe did see perfectly eight or nine dayes after it was borne.

Now it was M. *Susfleets* absolute opinion; that in these cases there was no cure in Art: but for mine owne part I a little dissent therein, and doe allow all vertuous industry to be applied; because it cannot bring the disease to a worse end then it is already arriued, and may by Gods blessing recall that strength and vigour to the member offended, which may restore that which was but a little put by, not vtterly forsaken; whereas to cease from all manner of application, were to embrace a distrust somewhat to neere allied to desperation.

When therefore this infirmity shall The happen, and proceede of the causes before-said (which is easie to be known by argument, and the characters before

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Seabrookes caueat.

fore mentioned (I would haue you the
carefully to rub and chafe the childes
head continually with warme cloathes,
and to keepe it in a temperate warme-
nes. Then take Eyebright (or red Sage
if you cannot get Eyebright) Wood-
Bettony, or Garden Bettony, Fenel (or
Fenell-seed) and of the Fenel or Fenel-
seed a double quantity to either of the
other two; stamp them & straine them,
then infuse them in strong Ale, as to a
quart or three pints of Ale, one small
handfull of Eyebright or Bettony, and
a double quantity of the Fenell: and
of this let the Nurse drinke for the
space of twenty, or foure and twenty
dayes together, and if it be too strong
for her, let her alay and temper it with
fine Sugar or well clarified honey, and
doubtlesse (by Gods permission) if
any helpe at all be left in Nature, this
will restore it, otherwise the expence
of greater charges will be but the losse
of your further labour. And herein by
the way let me aduise you to remeber

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to gather these hearbs (if it be possible) in May or Iune, & hauing dried them in the shadow, prelerue them for your vse all the yeare following, the hauing occasion to vse them, beat them in a Morter to fine powder, then searse it, & A to one draught of new Ale, infuse of each of these feuerall powders as much as you can well take vpon a fixe pence; but of the Fenell a better quantity, all being compounded together. Now if you haue not the hearbs provided at this especiall season, then know that in case of extremity, you may gather the at any time, & vse them as was first of all prescribed, at least euery morning and euening if not at other houres.

And herein is an excellent obseruation to be obserued, that the vnskilfull practitioners in this Art (who taking these desperate cures in hand) and not looking to y tendernes & delicacie of the cie, wil only apply sharp medicines (causing a tormēt & pain wher no pain is necessary) which is not only cōtrary

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to the charitable rules of Art, but vtterly offensiue to all good mindes to behold any creature (especially weake Infants) so vnmercifully afflicted by these vnskillfull and hard-hearted tormentors, and so much the rather, in as much as their cruelty is extended vpon the eye, being a member most quicke, & of greatest sence and feeling.

CHAP. 2.

Of Catarack in the eyes, their diuers kinds, signes cure and preuentions.

HAuing shewed the imperfections generally happening vnto Infants, with their preuentions and cures, I will now proceede to the more substantiall diseases of the eyes, and such as indeede are incident to all people of all ages, of which the most principall and most dangerous is that which is called the Catarack, being a thicke, slymie and tough filme, bred and ingendred foure elements within the

Whit
Catack
es.

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the eye, eyther naturally by the fluxe of grosse and euill humors, or accidentally by the means of some stroke, bruse or wipe vpon the eye, by which the member being offended, puts forth that ill and naughty substance, whereby the sight is not onely hindered and impaired, but also wholly taken away, and depriued of all worthy vse and benefit.

To speake then generally of the Catharack, you shall vnderstand that there be sixe seuerall kinde thereof, as first the hazell coloured Catharack, the Catharack of the colour of the skie, the grayish Catharack, the blacke Catharack, the white Catharack, and the yellowish greene Catharack; and of these the three first are curable, and the latter three vtterly incurable.

Now for as much as there may be a failing in the true knowledge, and discerning of these Catharacks, that you may be better enabled to iudge which

Diuerities
of Catharacks.

Signes to
knowe
which are
curable.

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is curable and which is incurable; you shall vnderstand, that if the Patient griued with any of these Catharacks, shall be able to discerne or perceiue the glimmering or shining, either of the Sunne, fire, flame or candle-light, that then questionlesse all such Catharacks are curable, and by Art to be holpen (the Practitioner hauing knowledge in the same) but if he cannot discerne any such brightnesse, and that all things seeme blacke, clowdie, and without any apprehension of shining, then be assured that all such are vterly incurable, and a man may both saue the consumption of his purse, and the torment of his body.

The cure.

As for those which are curable, they are to be cured by the Catharack needdle, the demonstration of which is needlesse here to be exprest; because no Artist or Professour in this Art, ought or should be ignorant in the true vse thereof, and to set downe in imperfect words, a thing of such exquisite

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quisite perfection, whereby ignorance may be inboldened to aduenture on that which is farre beyond his cunning ; were to giue courage to that from which my vttermost endeouours doe daily seeke to diffwade them, and therefore let euery good man be carefull not to meddle with the needle, till experience and long practise in matters of like nature, haue made him an absolute Master in the true vse of the needle.

After the Catharack is couched, or taken away with the needle (by a skilfull Practitioner) the Patient must be exceeding carefull of himselfe, that by no meanes hee take any colde, for the least colde which shall enforce him to sneese, cough, or otherwise to straine any of the opticke nerues or members, will sodainly make the Catharack to rise againe, and so bring on a mischiefe much greater then at the beginning ; and therefore by all meanes the Patient must be contented to lye muffled

and warme for eight or nine dayes, till
all such danger be auoyded.

Now for the preuention of these
Catharacks, that they may either not
grow at all, or beginning to grow,
that they may be taken away long ere
they come to any dangerous issue, as
also to preuent both the danger and
torment, which cannot but necessarily
depend vpon the vse of the needle; I
would wish all sorts of persons of
what sexe or age so euer, whether old,
young, or of middlestate, as soone
as they shall perceiue their sights to
decline or grow dimme without any
paine, or much extraordinary water-
ring, then to vse this powder hereafter
following, in such sort as you shall
finde it prescribed.

CHAP.

Seabrookes caucat.

CHAP. 3.

*An approoued and most excellent receite
both for the cure and preuention, of all
sorts of Catharacks of what nature so
euer.*

TO cure the Catharack of what nature so euer, which beginneth to grow, or to prenent the encreasing or blindnesse, which proceedes from the same; as soone as you shall perceiue the first offence, vse this drinke, and be sure you shall finde the vertue and great perfection thereof: for it will not onely take away mischiefbred, but preuent the breeding and growth of mischiese; and if casualty happen not, doubtlesse olde age may bring a cleare sight to the last minute; for it not onely giueth strength to the weake eye, whether the weaknesse proceede from any defect of the braine, or other disturbance of humor or inflammation, but also fortifieth it

Dea trookes caueat.

against all other infirmity, which may any way annoy or trouble it, as my daily experience hath found to my owne particular satisfaction, and many good mens comforts: the substance of which excellent receit, is this which followeth: Take of the powder before rehearsed in the first Chapter, and in such manner prepared and gathered as is there spoken, together with the houres, times, and quantities, as is there set downe, onely with this difference, that whereas there the Nurse is appointed to vse it for the benefit of the childe (the medicine working from a secondary meanes, as from the milke which the Infant sucketh) here the party must as the Nurse vse it himselfe for his owne profit, and not faile but morning and euening to take it, and the newer that the drinke is (in which the powder is infused) the better it is, for it will enforce a man sooner to belch and breake winde upward, which is much auailing in this cure,

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cure, because the ascending of the fume purgeth and worketh great effect in the eyes, which the rather to encrease, you shall when the fume and winde ariseth, keepe your mouth close, and with your fingers stop your nostrils, that as neere as you can the whole fume may assend into the head and eyes: whereby it comes that your newe Ale or bottell Ale is thought most soueraine to be vsed with this powder: but where neither bottel Ale nor new Ale is to be gotten, if then you vse to eate the same quantity of powder (before rehearsed) dry without any moysture, it is also very auailable. Neither must you faile morning nor euening after the taking of this powder (whether dry or in drinke) but to walke at least an houre after vp and downe, that the medicine may worke both the sooner, the better, and with more efficacie, neither neede this walking vp and downe be limitted to any certaine place of speciall retiring,

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but may very well serue for the discharge of any outward or inward businesse, as your affaires shall moue you: neither neede you to stand too strictly vpon the quantity, but after the vse of it a little space, then either to encrease or diminish the quantity, as you shall finde your stomack apt, and able to receiue it.

Blynie.

Some may imagine because these simples are so little curious, that therefore they may carrie but little vertue; but let not such folly deceiue thee, for they are all of most singular worth and vertue, especially for the eyes, in so much that the Auncients affirme, that the Serpent which is the subtillest and wisest of all creatures, as soone as hee waxeth olde, and findes his sight begin to faile him, presently he goes to the roote of the Fenell, or to the leafe, according to the season, and eating thereof, hee findes present ease and redresse of his infirmity. And of like nature is your Bettony and the rest,

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rest, so that no penne can write too much of their vertue, nor any tongue too highly extoll the praise of this excellent compound, being vsed in such sort as is already prescribed, for otherwise the abuse of any thing turnes the greatest vertue to the greatest viciousnesse. And thus much of the Catharacks and their cure.

CHAP. 4.

*Of accidentall wounds in the eyes, by what
meanes so euer, and of the cure thereof.*

HAuing spoken of Catharacks whether naturall or accidentall, and of the cures thereof, I will now proceede to other accidentall wounds or hurts in the eyes, as are pricks with thornes, kniues, needles, or any other sharpe-pointed instrument, strokes with the eares of cornes, stubble, bryers, or any other bruise or wipe in the eye, which when at any time they shall happen, be most diligently

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gently carefull (of what age or sexe so euer thou be, whether young or olde) not to apply any sharpe or coroding medicine thereunto, either waters, powders, or other compounds which are of hot, fretting and sharpe nature: but rather follow mine aduise herein, and as soone as you shall receiue any of these mischances, presently get one of wholesome and sweet breath to blow into your eye, to coole and assuage the paine thereof (for much good shall be found thereby) and be sure that the party so blowing, haue not eaten Garlick, or taken Tobacco any small space before, for they enflame and make hot the breath, and so assuage not but encrease your torment, whereas it should bee coole, sweet, and wholesome breath, which should mollifie and make lesse the paine you suffer; this done, take the white of an egge, and beate it to oyle, and dipping fine round pleagants of flaxe or soft tow therein, as broad as

an

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an English shilling ; apply it to the wounded eye, and renue it as it drieth, and this will not onely draw away the corrupt or brused blood , but also cleanse and coole the eye in such manner, that the cure will be made more safe and quickly ; or if this cannot be had, take Parsly and sweet butter, and beate and mixe them well together, and so apply them to the eye , and it will worke the same effect as the former, whereas to apply any sharper medicine, whether water or powder, it is great ods that you not onely loose that which is already wounded, but also perish the sound one also , and so loose the benefit, of the most comfortablest sence which man enioyeth. If this assuage not the paine, and giue ease according to your expectation, then take white-bread crummes finely grated, and of the best new milke, and boyle them together till they be thick, then apply it to the eye luke-warme, and so renue it once in fixe or eight houres

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houres at the first dressing, and after in
tenne or twelue houres, as the eye shall
amend, and there is no doubt but the
cure will soone be brought to that per-
fection which your owne heart can
desire.

CHAP. 3.

*Of red furious eyes, which are troubled
with a hot scalding rheume, the cause,
offences, and the cure.*

NExt to these accidental wounds
in eyes, we will proceede to the
red furious eye, which is trou-
bled with a sharpe, scalding, and fret-
ting rheume, ouerflowing and annoy-
ing the same. And here you shall vn-
derstand, that for these eyes in diuers
cases, there are good & certaine cures
to be wrought, especially if you haue
a good Practitioner in the same: But
now a-dayes there are so many wilfull
and vnskilfull dealers with this Art,
that many by their ignorance are
made

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made blinde, which otherwise might enioy the benefit of their sight to their liues end, nor doth this blindnesse fall vpon them as the Parrot climbs (*lento pede*) by leasure or with slow steps, but sodainly and quickly, as within two or three houres or little more at the vttermoſt, which that you may the better perceiue, and thereby the better auoyde their ignorance, I will by inſtance ſhew you how many vnfortunate Patients are made blinde.

First, when the griued Patient comes to the vnſkilfull Practitioner, Causes of
blindnesse. and deſires his helpe, preſently (ignorance being his guide) he opens a veine in the temples of his head, and another veine vnder the eye, cloſe by the noſe, and alſo a third in the rooſe of the mouth, or vnder the tongue, which blood is no ſooner taken away, but preſently blindnesſe inſueth, as hath beene experienced by diuers, as namely a yong Gentlewoman of little Snoring in Norfolke, and one *James Feyld* of

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of Broughton in Huntington Shiere,
both which, after the taking of their
blood, fell instantly blinde within two
houres after, albeit both their sights
were reasonable good before, onely
afflicted with some little paine, and
the suspicion of dimnesse, nor was the
blood which was taken from the latter
much; for it was no more then was
receiued into two little cupping-glas-
ses placed on his necke, and yet not-
withstanding presently he fell blinde,
nor could euer after be cured: and in
like sort vnto these, one Goodman
Fletcher, dwelling in a little Towne
neere Bourne in Lincolne Shiere, ha-
uing some small impediment in his
eyes, and comming to an ignorant
Practitioner, had a veine opened in his
temples, and another by his nose, but
the blood was no sooner receiued,
when as the sight was vtterly lost for
euer. And as these, I could cite a world
of others, were not the circumstances
too tedious, and the rehearsall need-
lesse

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lesse for our present purpose ; onely this I collect from these instances, that euery man troubled with these infirmities, should be exceeding carefull in making election of his Artist: and euery Artist religiously carefull not to exceede his knowledge, or meddle with the taking away of blood, or weakening the eye by any application, then which there cannot be a greater mischiefe; for assuredly all these in-cuitable blindnessees happening to the parties before recited, might haue beene auoyded, and the sight certainly both fortified and preserued, had they vsed the meanes onely which here I will set downe, without any other aditions of greater torment.

Whosoeuer therefore shal be troubled in his eyes with the infirmities before said, I would first with him either by his owne dyet, or the counsaile of the learned Physitian to keepe his body soluble: Then take of white Cooperis, and of Bolearmoniack, of each
the

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the quantity of a good French Pease,
and beate them to very fine powder,
then take of raine water (if it may be
got) or snow water; or for want of
them fine cleare running water, the
quantity of a quarter of a pint, and put
it into a glasse violl futeable to the
quantity, and then adde to it the pow-
der of the Coporis and Bolearmoni-
ack, and shake and mixe them very
well together till they be incorporate,
then dipping a fine feather in this wa-
ter, wash your eyes therewith morn-
ing and euening, if your occasions
draw you not abroad into the ayre,
for then it will offend and make your
eyes smart too violently, so that in
that case when you must trauaile, you
may then spare your morning dres-
sing, but by no meanes the euening
when you goe to rest. Now if at the
first dressing you finde the water be
too sharpe and biting, so as you can
hardly endure the torment, then you
shall alay it by adding to a little more
water,

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water, or a little more of the Bolear-
moniack, prouided that you make it
not too gentle, for to take away all
sence of smarting, is to take away all
force, and strength of vertue.

Now for as much as not any of
these eyes thus afflicted with these
sharpe & scalding rhewmes, are voyde
of much forenesse, rawnesse, and bloo-
dinesse about the lids and closures of
the eyes, and especially at the two ex-
treamest corners of the same, It shall
therefore be meete for you for the
cure of the same, to take of the thickest
and best Creame you can get, and be-
smeare and spread it all ouer the bot-
tome of a copper or brasfe Panne, Ket-
tell, or Bason, leauing it of a very rea-
sonable thinnesse: then take another
vessell of little lesse quantity, and fill
it full of strong new made vrine or
chamber-lie; then take the brasfe ves-
sell in which the Creame is spread, and
whelme it ouer the vrine (yet so as it
may not touch the vrine) and let it

C there

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there rest the space of nine or tenne dayes, then take it off and gather the Creame from the bottome of the vessel, and put it into a glasse, and keepe it close; with this oyntment, anoynt all the rawe places of the eye lids euery night when you goe to bed, and it will not onely take away the rawnesse and smarting, but also dry them vp and skinne them: and herein you must obserue to let the oyntment come as little into your eye as is possible, for it wil cause smarting, thogh otherwise it doth not further hurt. And thus much of the red furious eye, which is troubled with a hot scalding rhowme.

CHAP. 6.

Of the red ferie eye, which is oppressed with grosse humors, and accompanied with a corrupt breath.

THere is another sort of red eyes, which are full of contagion and grosse humors, and though not altogether

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altogether so moyſt as the former, yet fully as painefull and troubleſome; for the inflammation is more violent, and the rhewme almoſt as ſharpe. Theſe kinde of ſore eyes are very curious to be healed, for the party that is troubled therewith, hath euer for the moſt part a very ſtrong and corrupt breath, which is ſo nourished and fed by the euill humors that accompany the diſeaſe, that it is very difficult, and requireth both much Art and care in the reformation.

Hee therefore that is troubled with The cure. theſe enflamed ſerie and corrupt eyes, let him firſt purge his body well, either with purgation, glyſter, or vomite, according to the abillity of the party which is diſeaſed, and in this adminiſtration of Phyſicke, I doe aduiſe euery man that is carefull of the health of his owne body, not to take any but by the aduiſe either of the reuerend Doctor or learned Phyſitian, and not to relie on the audacious boldneſſe

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of ignorant Professours, for in these dayes there are a world of *Empericks* and *Mountebanks*, which will take vpon them to giue Physick, whose skill (God knowes) can neither discern nor iudge the true nature of the most ordinarie simples; therefore let every man that loues himselfe, flie to the protection of the best, for it is best cheape, and brings with it the best safety; for none are more costly then the ignorant, because they hold great gaine a great aduancement to their glory and reputation, reckoning not with the good they haue done, but the profit they haue receiued.

There are another sort of Professours, who because they haue some insight in some of the liberall Arts, think they may as liberally deale with this particular Art, and thereupon will vndertake to giue Physick, yet not for your money but vertues sake (as they pretend it) yet when you haue reckoned with their Apothecaries, and sum-

med

med vp their billes and extrauagant
charges, as a bushell or two of corne,
Hens, Capons, Chickens, and other
such like gifts of gratuity (which can-
not but euer accompany a thankfull
nature) you will finde that the coun-
saile of a truly learned and worthy
Physitian had beene more easie, more
cheape, and a million folde more a-
uailing for your health and preferua-
tion: Therefore as before I said, after
the greeued party hath purged and
made cleane his body by the aduise of
learning and experience, he shall then
take the water of Copporis and Bole-
armoniack, which was at large set
downe in the former Chapter, and
with it dresse and wash his eyes in such
sort (morning and euening) as was
there declared, and with the same
cautions, limits, and obseruations, as
was there expressed. And if the eye-
lids (as before said) shall grow rawe,
fore, or bleared, he shall then with the
oyntment of Creame (mentioned in

the last Chapter) annoynt them there-
with in the same manner, as hath like-
wise beene mentioned, without alte-
ration or augmentation.

Now for as much as the distilling
down of the rhowme into those weake
parts of the eyes, is both the greatest
nourisher of the disease and infirmity,
and also the greatest cause of the paine
and anguish: to stay the fluxe thereof,
and to make the member more apt,
and fitter to receiue cure; you shall
take halfe a handfull of Bay-salt, and
spreading it before the fire, dry it ex-
ceedingly, then hauing a little bagge
of linnen cloath ready; put the salt so
dried into the same, and being of a
reasonable warmenesse, apply it to the
nape of the necke in the hollow part,
next to the iuncture of the head; and
there let it rest the space of foure and
twenty houres, and then renue it, and
apply to another in the same manner:
and thus doe once in foure and twenty
houres till ease be found, and that the
rhowme

rhewme cease to oppresse you, which
questionlesse will quickly be effected,
if any true care be taken.

Againe, for the staying of the
rhewme, if you vse to take of the Cop-
poris water (before said) and there-
with wash your eyes, the temples of
your head, and behinde your eares,
suffering the water to dry in, and not
to be wipte away, it is of great vertue
and efficacie, for it not onely stayeth
the rhewme, but is also very soueraine
against the head-ake, and all paines of
that nature, as tooth-ake and the like;
and it safely healeth both the watry
eye, which smarteth sometimes, and
itcheth other sometime, as also all
other eyes that are enflamed.

Now if it so fall out (as in great cau-
ses and corrupt bodies it may easily
doe) that these things before prescri-
bed, worke not in all points according
to your expectation, then you shall
for refuge flie to this receite which
hereafter followeth, and doubt not

but by the grace of God you shall with much safety and contentment arrive at the full end of your purpose.

You shall take a quarter of an ounce of Cantharides, & lay them to steepe in the best wine vinegar, for the space of foure or five houres; then take yellow Treacle or Greene Treacle, or any sticking plaister, and spread it on a linnen cloath plaisterwise, so as the quantity may be devided into three plaisters; then take the Cantharides, and on each plaister lay some of them, then lay one of the plaisters to the nape of your necke, and to each wrist of your arme another, and doe this at night when you goe to bed, taking great care that you binde the plaisters so fast, that they by no meanes fall away, vntill you remoue them (which would be the next morning) then when you haue taken them off, you shall see blisters (which the violence of the salve will raise) and those you shall presently let out, making the water euacuate,
and

and with the same plaister without the Cantharides heale the sores againe; then vse the first water as afore-said, and no doubt by Gods grace but the cure will be soone finished.

This last receite is sharpe and painfull, and therefore I would not aduise any man to vse it, but onely in cases of extremity, and where the cure is tedious and doubtfull.

CHAP. 7.

For sore waterie eyes proceeding of a colde rhewme, or for such as begin to growe darke, and doe euer present to the party a double object.

Here is another sort of sore eyes which proceede of a colde rhewme, & they are best knowne by their exceeding much moystnesse and continuall weeping, putting the Patient to no paine more then priuate vexation; it is a disease of great danger and difficulty, and by most professors

feffours of the Art held almost incur-
rable; yet certes, it sildome or neuer
bringeth blindnesse, onely the trouble
and noysomnesse is much worse then
the danger, and therefore I would
with euery one in this case, not to
tamper too much with their eyes, or
try the experiment of many medi-
cines; for that may bring blindnesse
perforce, onely I would haue them vse
the bagge of dried salt, in such manner
as hath beene before declared in the
former Chapter, for assuredly where
it failes, other medicines will but
worke other worse imperfections.

Now for the other sort of sore eyes,
which beginning to growe dimme
and darke, present to the party grie-
ued a double obiect; making euery
single thing he looks on, appeare as it
were two, or a double body; you shall
for the cure thereof take the powder
of Eyebright, Bettony, &c. mentioned
in the first Chapter, and either drinke
it with new Ale, bottell-Ale, or the
like;

like; or else eate it dry, as hath beene
formerly declared in the third Chap-
ter, with the same obseruations and
cautions; and questionlesse there is no
doubt of most speedy and easie cure,
as experience hath found out, and I
doubt not but all men shall finde to
their benefit and comfort.

CHAP. 8.

*For the Pin and the Web, and the like in-
firmities in eyes.*

THis disease which is called the
Pin and Web in the eyes, are lit-
tle white spots in the eyes, which
growing in or neere vnto the sight,
both by processe of time encrease and
weare away the sight, leauing the par-
ty altogether blinde and incurable;
which to preuent, and take away these
spots ere they come to the height of
mischiefe, you shall take a little Eng-
lish honey, and a fewe Dazie leaues or
potes (according to the season) and
hauing

hauing stamp and strayned the leaues
or rootes, mixe with it the honey, then
adde to them a little womans milke,
and mixe and incorporate all well to-
gether, then at night when you goe
to bed; and likewise in the morning
when you rise, drop a drop or two
thereof into your eyes; and thus doe
for the space of a week or thereabouts.
and by the grace of God the cure will
be finished to your comfort: also if to
this receite you adde a little of the
iuiice of the true ground Iuie, which
by some is called Tunhoofe or Ale
hoofe; you shall finde it very auail-
able, especially in great and dangerous
cures, for it is more sharpe and strong
then the other, and worketh his ef-
fects with more strength and violence

CHAP

Seabrookes caueat.

CHAP. 9.

*For the imperfections which happen to eyes
by meanes of the small Pockes, or for eyes
that are troubled with wormes.*

Diuers imperfections doe happen
to the eyes by meanes of the
small Pocks, either to olde or
young persons, especially when the
maister Pock setteth in the eye, or in
both the eyes (as it often happeneth)
or cure whereof many doe vse to ad-
minister sharpe biting waters, but in
so doing, they take not away the ble-
nish, but the sight for euer, therefore
by no meanes meddle with those co-
ruding medicines, but rather vse these
gentle receites hereafter mentioned.

Take a prety quantity of white Su-
gar-candie, or else some of the thun-
der-bolt stone, or for want of both a
peece of the Cuttell-bone which the
Goldsmithes doe vse, and hauing bea-
ten any of them, and searst it to as fine
a pow-

Seabrookes caueat.

a powder as is possible ; with a small quill blowe some of it into the offended eyes, & it is a most certaine cure.

For those eyes which are troubled with little wormes, like those in mens hands but smaller, causing an extreame itching in the eyes, so that some rub them with their hands, some with clothes, and some with a peece of silke; all which is both vnwholesome and offenseiue (for they should not be rubbed at all) because any rubbing doth prouoke the rhexime to distill and settell to that part: and much touching or handling of the eyes, causeth both tender nesse and forenesse; which to preuent and to kill those wormes which annoy you, you shall take the Copporis water before mentioned, and with it wash your eyes morning and euening, and compell your selfe to sneese as much as is possible, and it is a present cure.

CHAP.

Seabrookes caueat.

CHAP. 10.

*For the filme vpon the eyes, or things of
like nature, or for hurts with powder
or shot.*

FOr such eyes as are troubled with
filmes or thinne scummes, grow-
ing and spreading ouer the sight,
you shall take the marrow of a Goose
wing, and Ginger beaten and searst to
a very fine powder, and mixe them ve-
ry well together, then with a quill take
vp a good drop thereof, and put it in-
to the eye which hath the fi'me; and
thus doe euery morning when you
rise, and euery euening when you goe
to bed, or for want of this you may vse
the powder of the thunder-bolt stone
before spoken of, in such manner as
hath beene before recited, and it is a
cure both safe and certaine.

Now if any man shall happen ei-
ther by shooting in a Piece, or by o-
ther casuall meanes to receiue any hurt

in

Seabrookes caueat.

in his eyes, either by the burning of the Gunpowder; or by hauing the same blowne into his eyes, or if they be offended with the rust of the Peece, shiuers or such like, you shall presently get one that hath a good sight, and a nimble stedie hand; and taking a fine quill, make it as sharpe as a needle, and with the same let them picke out the spots, cornes, or shiuers, and wipe them cleane away with the fine tassell of a Handkerchiefe, then wash it with faire running water, and fine Sugar-candy well mixt together, and drop gently into the eye; and the cure will soone be finished.

CHAP. 12.

*For certaine particular wounds in the eyes,
as with dore latches, cudgels, &c.*

IF any man of what age or degree so euer, shall by going in the darke, or other casualty, rush vpon the latches of dores, bolts, nailes, or the like,

or by thrusts with cudgels, foyles, or blowes with cat goe far, thorn, billets, or the like, receiue any blow or stripe vpon the eye, or haue the eye-ball thrust out, so that it lye vpon the cheeke; you shall then first put vp the eye into the place, where before it was, and doe it with great lenitie and gentlenesse, then with a cloath stay the eye so placed for the space of two or three houres; then take whitebread crums finely grated and new milk, and see the it till it be thick, and so apply it warme to the eye; or for want of it Parsly and Butter, as hath beene before declared; but by no meanes any sharpe waters, or smarting medicine, and the cure will in few dayes be finished.

CHAP. 12.

Of weake eyes, and the causes of their declining, the helpes and preuentions.

THe sight is weakned two wayes, that is to say, either naturally, or accidentally; if naturally, it is by meanes of olde age, weakenesse of the braine, or else by the ouer-flowing of grosse and vnwholesome humors, if accidentally, then it is by the meanes of ill diet; the vse of naughty applications, disorder in exercise, wounds, rushes, bruises, and the like.

Now that you may know when your sight declineth & waxeth weake, obserue euer that when you see better farre off then neere hand (as when you looke on a booke or the like) that then your sight beginneth to wayne, also such eyes as doe neuer runne, but are alwayes dry, they are weake eyes, and very subiect to Catharacks: againe, if the eyes be cleare as glasse, but yet troubled, and that the sight of the eye doth

Signes where
the sight
weakens.

Seabrookes caueat.

doth shake and quier like the needle
of a Diall, holding a continuall mo-
tion without ceasing, such an eye is al-
so a weake eye, and declining.

Now for the cure of any of these
imperfections (for they are all natu-
rall) there is nothing more soueraine
then the powder mentioned in the first
Chapter, being prepared and vsed as
is there set downe.

As for those weakenesses which
come by accident, they are euer to be
cured by their contrary, as if any pro-
ceede by ryot and disorder, they must
be amended by temperance, if by vio-
lent labor, then by moderate exercise:
if by ill applications, then by whole-
some receites, and if by wounds, then
by wholesom salues, to any of which if
you adde the benefit of the Coporis
water before specified, the cure will be
much sooner finished.

Now besides these defects already
spoken of, there is another as grosse as
any, and exceeding frequent amongst

Seabrookes caueat.

all young wiues, maydes, and women
of each degree and quality, and that
is the wearing of Mastick patches or
plaisters on the temples of their heads;
which howsoeuer pride for fashion
sake, or care for health sake doe pro-
duce, yet can nothing be more hurt-
full or noysome: some will say they
weare them for the head-ake; some
for the tooth-ake: yet I affirme except
your eyes be too exceeding moyst and
dropping; you cannot vse any thing
more hurtfull; for if the eye bee dry
and doe not water, then the staying
of that comfortable moysture which
should quicken the eye, weakens it and
the strength being taken away which
should preserue it, there doth not fol-
low Disease but Blindnes, and there-
fore let this my Caueat warne you if
you will preserue good sights, to cast
away those playsters, and in steade
thereof onely take running water and
wash the temples of your head there-
with, and behinde your eares, and
wipe

wipe not the water away but let it dry
of it selfe and thus doing euery mor-
ning, it will take away all head-ake and
tooth-ake, and stay the Rewme and o-
ther griefes, for which your Masticke
patches, and Gumme playsters were
vsed; for beleue me it neither addeth
Beauty to the face, nor health to the
Body, but on the contrary taketh a-
way all strength from the eyes and
bringeth blindnes euer too earely, as I
haue found by experience, and for bet-
ter prooffe I will repeate vnto you one
true instance.

There was a young woman dwel-
ling in *Downham* in Norfolke, which
was troubled much with the head-ake,
and sending for aduice (as she thought
to the skilfull) was directed to take
one of these plaisters, and to weare it
on her temples, but presently it tooke
away her sight in fewe houres after,
yet it cured her head-ake, now if this
plaister had beene applied to the nape
of the necke, and not to the temples,

Helps for
the head-
ake.

it had preuailed, and no euill had ensued. The plaister which she applied was compounded of wine vinegar, a Rose-cake, an egge roasted hard, and Commin-seede; all which ingredience are good if they had beene applied to the right place; but being misplaced on the temples, it drew away the strength of the eyes, and brought blindnesse. Therefore I aduise euery one that is troubled with the head-ake or the like, onely to take a little strong wine vinegar, and a little oyle of Spike, and to mixe them very well together, and then to bathe therewith those parts where the paine is, and it will not onely giue ease to the paine, but also adde strength and comfort to the eyes, as I haue found by most certaine and infallible experience.

There is another defect to which I must giue a great *Caueat*, and especially to all you Schoolemasters & Schoolemistresses which haue the charge of young Children, bee they Boyes or gyrls;

Seabrookes caueat.

gyrles ; that in any case you obserue and note well the strength or weaknes of your Schollers eyes : and where you finde imperfection or imbecillitie in the sight, there by all meanes to abstaine from forcing them to looke on very small Prints, or to sowe on very fine Samplers, or in curious workes, especially blacke workes , for they are not onely hurtfull and bring exceeding much weaknes to the eyes, but also the more they strue and endeavour to beholde the obiect they looke on, the more hurt they doe to their eyes, and the weaker their sight groweth , Therefore in these cases where you see such weake sights besides reforming the faults before said, you must prouide for them large brim'd Hats to shade their eyes, for they haue not any greater enemy then the light: and also you must giue them of the Powder (mentioned in the first Chapter) to drinke in such sorte as is there prescribed.

CHAP.

CHAP. 12.

*An excellent and approued Cure for any In-
flamation in the face, for the Corny face,
the Rich face, and the like.*

WHosoever is troubled with
any inflammation in his face,
whether it bee plaine red
which is heate, or pumple and red pu-
stuls which is corny or vniuersally o-
uer all the face pimples and pustuls
both red and purple, which is called
the rich face; let him knowe that all
such inflammations, besides the noy-
somnes and vnseemelineffe thereof, it
is also hurtfull and troublesome to the
sight, therefore for the Cure of such
an Infirmitie, let him take running wa-
ter, and roch Allome, and put them
together into a Glasse or violl, and by
shaking and tossing, symbolize and in-
corporate them so as the Allome may
be wasted, then at night when you goe
to bed, take a fine Napkin and wet it in
the

Seabrookes caueat.

the water well and apply it to your face, and let it there lye till the water soake in and dry on your face, and then renew it, and doe thus as oft as you shall thinke good; and with all abstaine (asmuch as you can) from strong drinkes and hote Wines, and the cure will be more speedy; Now if the cure proue slowe, you shall take of Brimstone, of large Mace, of Goose-grease or Capons-grease, of each alike, and mixe and temper them well together, then put them into a gally pot and with this oyntment, annoynt your face as oft as you shall thinke good, and doubt not but the cure will be very speedy and certaine: but if you find that this inflammation proceedeth from the liuor onely; if then besides these outward applications before said, you take the aduice of a learned Physitian, and now and then purge your body, there is no doubt but your face will be as cleare and well complectioned as it was before.

A caueat

Seabrookes caueat.

A caueat to all sorts of
people for the truest vse of the
*powder, and drinke mentioned
in the first Chapter.*

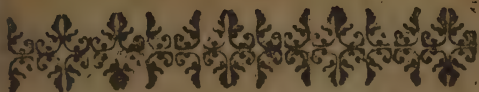
FOr as much as the powder
compounded of Eyebright (or
for want of it red Sage) of
wood Bettony (or for want of it
the garden Bettony) and of Fenell
or Fenell-seede, in such manner as
is at large set downe in the first
Chapter, is of such excellent vse
and vertue, that a man cannot
speake too much of it; nor be too
carefull to instruct how to apply
it (whether it be for weake eyes,
sore eyes, dimme eyes, or decli-
ning sight whatsoeuer) I thought
good therefore to conclude this
my small Treatise with this Ca-
ueat, that whosoever shall shall

have occasion to vse this com-
pound, they may freely chuse
whether they will vse the powder
in such sort, as is shewed in the
first chapter, or else take the hearbs
greene, and infuse them in Ale, in
such sort, as is shewed before for
the Nurse in the first Chapter al-
so, provided that they faile not to
continue the vse of this drinke,
for the full space of twen-
ty, or foure and twenty
dayes at the begin-
ning, then after
at pleasure.

FINIS.

Written by *Richard Seabrooke*, Practitioner in
the Art of the Occu-
list, and dwelling in
Kings-Linne in Nor-
folke. 1620.

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A Table of all the principall things containd in this Booke.

Of blindnesse both curable and incurable in Infants, the cause, prevention and cure. Chap. I.

The soueraine powder. *ibid.*

Of Catharacks in the eyes, their diuers kindes, signes, cure and prevention. Chap. 2.

An approued receite for the cure of all sorts of Catharacks of what nature soeuer. 3.

Of accidentall wounds in the eyes by what meanes so euer, and of the cure thereof. 4.

Of red furious eyes which are troubled with a hot scalding rhewme, the cause, offences, and cure. 5.

Of the red fierie eye, which is opprest with grosse humors, and accompanied with a corrupt breath. 6.

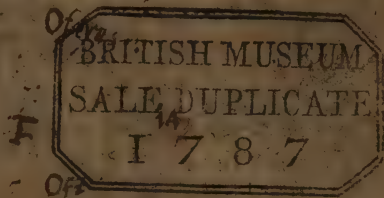
For sore waterie eyes proceeding of a colde rhewme, or for such as begin to grow darke, and doe euer present to the party a double obiet. 7

For the Pin and the Web, and the like infirmities. ties

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FINIS.



Of

Of eyes

